

GARY MARTIN

## KNOW YOUR RIGHTS!

### Celebrate International Human Rights Day

By ESTHER WANG

EVERY person on this planet, whether black, white, Latino, Asian, man, woman or child, is born with what are called human rights. These basic rights include the right to freedom, the right to an education, the right to have your needs met, and the right to live in peace.

Every year, there is a special day when people all over the world remember these human rights. December 10, International Human Rights Day, commemorates the day in 1948 when many countries came together and created what is known as the Universal Declaration of Human Rights.

Unfortunately, human rights are not always respected today. Billions of people live in poverty, have no clean drinking water or electricity, and do not receive education. Children die from disease and starvation every year. Wars, including the United States' war in Iraq, leave children without parents, and people without homes.

Even in the U.S., people are unfairly thrown into prison, families struggle to put food on the table, people lack health insurance, and many are victims of racism and discrimination.

Oftentimes, these human rights abuses would not take place if wealthy countries and corporations did not exploit poor countries and poor people. Wealthy countries could also give more money to help solve problems of injustice and inequality. But too often, these countries don't view human rights abuse as an important

**“I THINK IT'S SAD THAT COUNTRIES LIKE THE U.S. DON'T CARE ABOUT HUMAN RIGHTS”**

—Janita Rosado, age 11

cause.

“I think it's sad that countries like the U.S. don't care about human rights,” said 11-year-old Janita Rosado. “We should care about people all over the world.”

#### Some facts about human rights:

- More than 1.3 billion people live on less than \$1 a day.
- Women make up 70% of the world's poor.
- More than 1 million children are forced into prostitution every year.
- Almost 1 billion people cannot read or write their names.
- A few hundred millionaires have as much money as the world's poorest 2.5 billion people.
- 30,000 children die each day due to poverty.
- 1.3 billion people have no clean water.
- 2 billion people have no electricity.
- 12% of the world's people use 85% of the world's water.
- 15 million children have been orphaned by AIDS worldwide.

#### Basic Human Rights

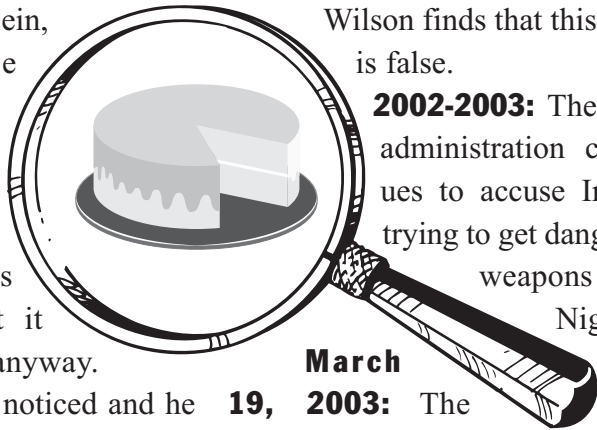
The Universal Declaration of Human Rights lists 30 basic rights that all people have, no matter where they live. Some of the most important are:

- You have the right to life and to live in freedom and safety.
- You have the right to live free from discrimination based on your race, sex, religion, language, how much money you have, and nationality.
- Nobody has the right to put you in prison unjustly.
- Nobody has the right to torture you.
- You have the right to think what you want and say what you want.
- You have the right to meet your basic needs like food, clothing, and shelter.
- You have the right to go to school.
- No one can destroy or take away your human rights.

# THE MYSTERY OF THE SECRET AGENT

By AMANDA VENDER

**P**RESIDENT Bush worked hard to make the American public afraid of Iraq. He told us that Iraq had dangerous weapons and that Iraq might attack the U.S. Bush told us that Iraq's president, Saddam Hussein, tried to get these dangerous weapons from the African country, Niger. The Bush administration knew this was not true, but it made the claim anyway. But Joseph Wilson noticed and he exposed Bush's lie. And then someone, we don't know exactly who, tried to get back at Joseph Wilson.



*Here is the timeline of the mystery:*

**2002:** Former U.S. ambassador Joseph Wilson is sent by the U.S. Central Intelligence Agency (CIA) to Africa to investigate the claim that Iraq tried to buy uranium yellowcake, a dangerous weapon, from the country of Niger. Wilson finds that this claim is false.

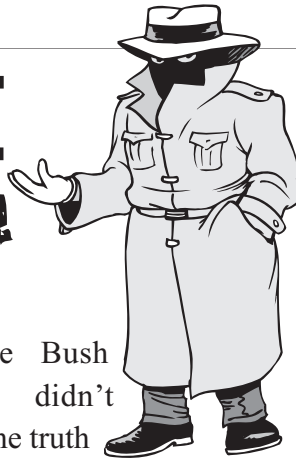
**2002-2003:** The Bush administration continues to accuse Iraq of trying to get dangerous weapons from Niger.

**March 19, 2003:** The U.S. invades Iraq.

**July 6, 2003:** Wilson writes an opinion piece in the Washington Post about his trip to Niger and

hints that the Bush administration didn't want to know the truth about his trip because Bush wanted to make Iraq seem guilty of having weapons.

**July 14, 2003:** Columnist Robert Novak writes in his column that Wilson's wife is Valerie Plame and that she is a CIA agent studying weapons of mass destruction. But not even Valerie Plame's friends knew she worked for the CIA because she was a covert (secret) employee. Who told Robert Novak? Was there a conspiracy to "get even" with Joseph Wilson for making Bush look bad? Were people like Vice President Dick Cheney or even President Bush himself involved? Special Prosecutor Patrick Fitzgerald is investigating. ★



## "Why is it Illegal to Expose a CIA Officer?"

TO REVEAL THE name of a covert CIA agent is dangerous to the agent, to her work



VALERIE PLAME

and the people she knows. For example, Valerie Plame might be in a foreign country gathering information about that country's secret weapons. She pretends that she works for a business, even though she really works for the CIA. If the people giving her information find out she is working for the U.S. government, they might try to kill her to prevent her from sending the information back to the U.S.

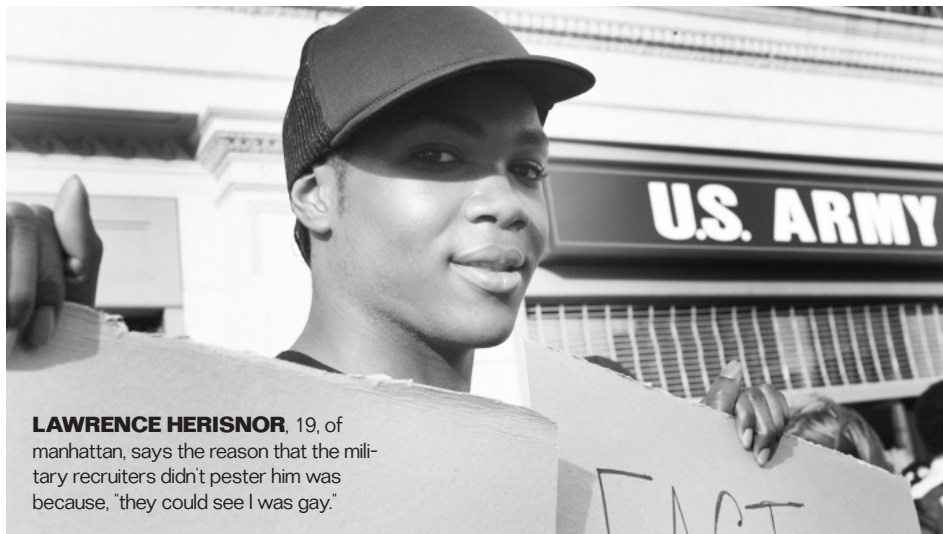
# Students Counter-Recruit

By JACOB LEVICH

**W**ITH more than 2,000 U.S. soldiers dead in Iraq, many families have decided that military service is a dangerous career move. Enlistments are dropping.

That's why the U.S. Army spent \$290 million this year on advertising that targets kids, especially young people of color. But the most effective way to sign students up, military recruiters say, is face-to-face. A new law, the "No Child Left Behind Act," gives the military special access to schools.

The law also requires school districts to release students' personal



LAWRENCE HERISNOR, 19, of Manhattan, says the reason that the military recruiters didn't pester him was because, "they could see I was gay."

information to recruiters. Students are then called at home and pressured to enlist. Parents and kids can protect their privacy by signing "opt-out" forms, which make it ille-

gal for schools to give the student's information to the military—but few families know this.

Recruiting is heaviest in poor and minority neighborhoods, where

jobs and opportunities are scarce. The military promises money for college and good civilian jobs. In fact, less than 10% of all Army recruits qualify for college funds, and studies show that veterans earn less than non-veterans!

Some students and veterans are organizing to help tell the truth about military life. They are called counter-recruiters.

In New York City and elsewhere, high school kids are encouraging their friends to submit "opt-out" forms. Others show up wherever recruiters do business and hand out accurate information about the military.

Kids can get involved by joining local counter-recruitment groups, or by starting groups in their own schools. ★

## indykids

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### WHAT IS INDY KIDS?

Indy Kids is a free newspaper that aims to inform children on current news and world events from a progressive perspective and to inspire in children a passion for social justice and learning. Indy Kids is funded through donations.

### HOW CAN I GET INVOLVED?

Just contact Indy Kids! Indy Kids has relies on volunteers. Adults and kids can write articles, take photos, contribute artwork and help distribute the paper.  
 Editors: Abby Gross, Amanda Vender  
 Design & Layout: Melissa Solorzano  
 Website: Leticia John, Brian Garcia

### WHERE CAN I GET COPIES OF INDY KIDS?

For more locations visit [Indykids.net](http://Indykids.net)

DONNELL CHILDREN'S LIBRARY 20 West 53rd St, 2nd Floor (between 5th & 6th Avenues) Manhattan 212-621-0618	REVOLUTION BOOKS 9 W 19th St (between 5th & 6th Avenues) Manhattan 212-691-3345
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MARTIN LUTHER KING JR.  
ANSWER TO WHO AM I?

### THANK YOU to the following donors for supporting Indy Kids!

GREEN STAR: \$25 Arun Gupta Neal Stone Xavier Tayo	BLUE STAR: \$50 Felipe Avila Nikki Crook Marjorie and Larry Long Jeffrey Meyer and Terri Nillasca Sheba Sethi Melissa Solorzano
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# Meet Arlene from the Philippines

**Name:** Arlene Joyce Soriano

**Age:** 10

**Home:** Manila, Philippines in a neighborhood called Buayang Bato or "Crocodile Stone"

**Language:** Tagalog and English

**Religion:** Catholic

**Favorite subject in school:** English and Science

**Favorite food:** Ginataang kalabasa (sweet potato stewed in coconut milk)

**Living situation:** Arlene lives with nine other people: her mother, uncle, two aunts, three cousins, grandma and grandpa

**Parent's work:** Arlene's mother is a life insurance agent

**Favorite hobby:** Playing with younger cousins

**What do you want to be when you grow up?:** A doctor

**What would you like to say to kids in the U.S.?:** "Study hard so you can learn. Life here in the Philippines can be very hard because we don't have a lot of money for food or extra things."



## Did you Know?

★ The U.S. won the Philippines in the Philippine American War (1898-1902). Filipinos didn't want to be a U.S. colony\* so they resisted. Over one million Filipinos died in the war.

★ The Philippines officially became an independent country in 1946.

★ The Philippines is very poor. 88% of the people live in poverty.

★ Today many Filipinos consider the Philippines to be a "semi-colony" of the U.S. because of U.S. influence in Philippine government, military, media and education.

**Can you think of other parts of the world that are U.S. colonies or "semi-colonies"?**

\*A COLONY is a region politically controlled by a distant country



## Learn a little Tagalog

**Good morning:**  
Magandang umaga

**How are you?:**  
Kumusta ka?

**How old are you?:**  
Ilan taon ka na?

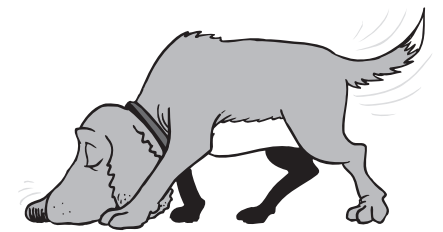
**Dog:** Aso

**Cat:** Pusa

**Human rights:**  
Karapatan pangtao

**Bye!:** Sigle!

## News Briefs:



### That's Some Nose!

Depending on the conditions, dogs can sometimes pick up a scent from a half-mile away. Scientists say that man's best friend might even be able to detect cancer- by smelling it! With their exceptionally sensitive noses, dogs may be able to smell odors from cancerous tumors in urine samples.

### Millionaires in Government

Less than 1% of people in the U.S. are millionaires. But at least 45 of 100 U.S. senators are millionaires, and probably many more. President George W. Bush and Vice President Dick Cheney are both millionaires many times over.



### Border Deaths

U.S. Customs and Border Protection said at least 464 immigrants died crossing the border from Mexico into the U.S. during the fiscal year that ended September 30. The death toll was 43% higher than the previous year. The main cause of death was heat exposure.

### Oil Profits

Exxon Mobil Oil Corporation's net earnings were \$10 billion in the last three months, up 75% over the same period last year.



### 18Year Old Becomes Mayor

In November, Michael Sessions, a high school senior, won the race for mayor of Hillsdale, Michigan, a town of about 9,000 people. The young politician used \$700 from a summer job to fund his door-to-door campaign. "I've always been interested in politics," said Sessions. The job comes with no office, but Sessions plans to devote after-school hours to the job and use his bedroom as his office.

### Kid Smarts

Tilly Smith, just 10 years old at the time, put her geography lessons to good use: By quickly recognizing the warning signs of a tsunami in the changing sea waters, the English schoolgirl saved about 100 people from near-certain death at a Thai resort. Tilly, now 11, visited the United Nations and met former president Bill Clinton, the U.N. envoy for the tsunami recovery.

## NYC Elections

ONE PART OF participating in a democracy means understanding elections. Tuesday, November 8, 2005 was Election Day in New York City and across the U.S.

For the people of New York City most of the focus was on electing a mayor. The two leading candidates were Mayor Michael Bloomberg and former Bronx Borough President Fernando Ferrer. In their campaigns the candidates tackled many of the con-

cerns New Yorkers have about the city, including improving public schools, creating more jobs and lowering housing costs. In the end Mayor Bloomberg was re-elected as Mayor.

The number of people who actually voted was the lowest in years. Some people feel the turnout was low because Mayor Bloomberg was already predicted to win. Others thought people did not feel strongly that the candidates addressed their con-

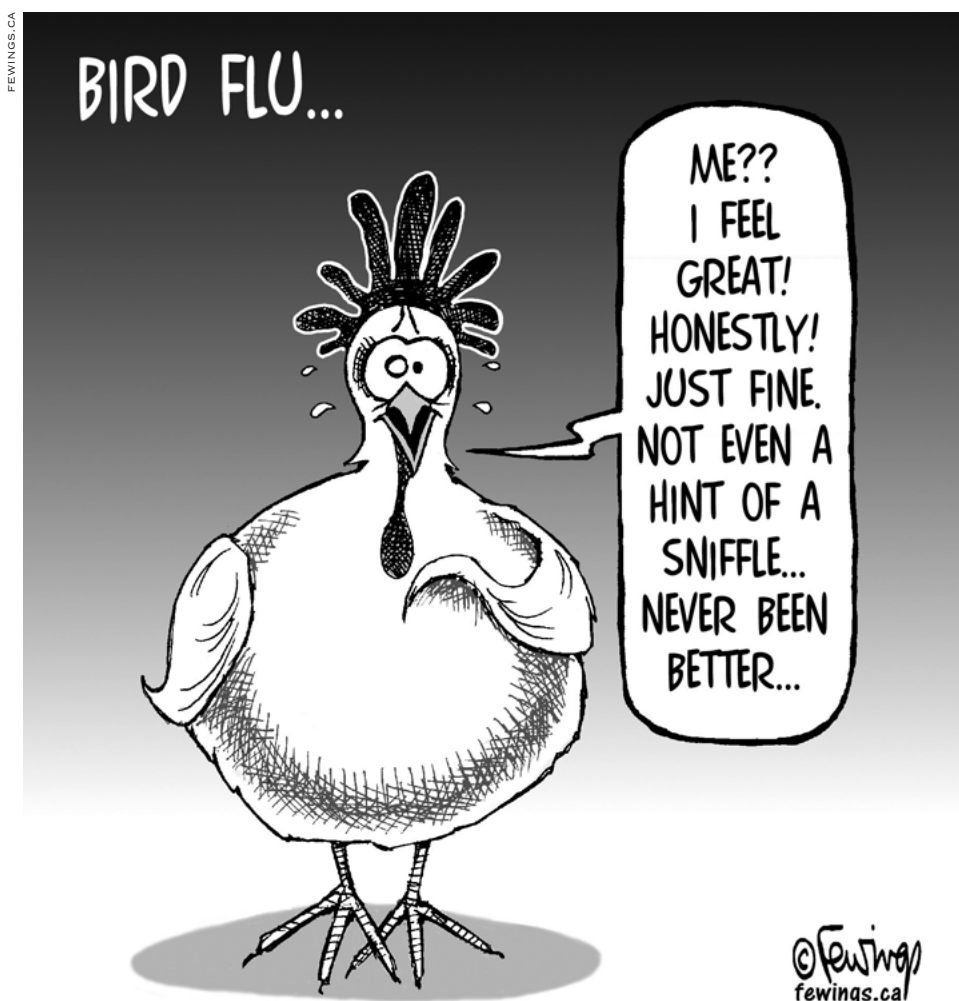
cerns. Many people were unhappy with the role of money in the election. Mayor Bloomberg, a wealthy businessman, spent \$78 million on his campaign, about eight times more than Ferrer.

If you are a young person who cannot vote yet, stay informed and think about ways you can organize with others to express your views. When you are informed you can have a big impact in improving life for you, your family, and the people of your city. —EDWIN MAYORGA



# DO YOU REMEMBER 2005?

Here are just a few of the major events that took place last year



## Cock-a-Doodle-CHOOO!

**BIRD FLU** is a virus that is found in wild birds. Wild birds can pass the virus on to chickens and turkeys and then to humans.

A current type of bird flu, called H5N1, has been found in birds in 16 countries, but not in the U.S. According to the World Health Organization, bird flu has killed 62 people across the world. It is believed that the human cases of bird flu were caused from close contact with infected birds, not through eating cooked meat or eggs.

### WHAT IS BEING DONE TO PROTECT PEOPLE?

Estimates of the number of people who could die in an outbreak of bird flu range from 7 to 360 million people and public health officials are worried. While there is a vaccination for bird flu, supplies are scarce. Many American drug companies no longer make flu vaccines because there is little long-term profit in vaccine manufacturing.

—AV

## The Asian Tsunami

ON DECEMBER 26, 2004 there was an earthquake on the floor of the Indian Ocean. As a result a tsunami\* occurred and caused huge waves to crash into 12 countries causing the deaths of over 270,000 people.

Most regions that are at risk for tsunamis have monitoring and alert systems in place so that people will be told when a tsunami is coming so they can stay away from the water. However, as the countries affected by this tsunami are very

poor, they did not have a system in place and the tsunami was a surprise. Because of the devastating effects of the tsunami, a monitoring and alert system has been set up for the Indian Ocean.

\*"Tsunami" is a Japanese word that means harbor and wave.

A tsunami is a series of waves generated when water in a large body is rapidly displaced, for example, by an earthquake or volcanic eruption.

—SHEBA SETHI



## Hurricanes Hit the Gulf

THIS PAST YEAR had the most hurricanes ever recorded in the Gulf of Mexico. The one that caused the most damage was called Hurricane Katrina. This storm hit New Orleans, Louisiana, which is very close to sea level and protected by levees.\* The levees were damaged by the winds and water from the storm and the city of New Orleans flooded.

There were reports years before Hurricane Katrina that the levees in New Orleans were not in good shape. However, the government did not provide enough money to fix and maintain the levees. When Hurricane Katrina hit New Orleans, the levees broke. The government also did not provide any support in evacuating

the people of New Orleans and there are thousands of people who are still missing. The impact on poor people, mainly black, showed how poverty and racial inequality continue to hurt many people in the U.S.

Some scientists say that due to global warming, which has increased the temperature of the planet, there have been an increased number of storms this season. We need to take care of our planet to

help lessen the damage of these natural disasters.

—SHEBA SETHI

\*Levees are walls that hold back the water from the city

TEACHERS:

Visit [www.nycore.org](http://www.nycore.org) for the Hurricane Katrina Resource Guide



## Bush Starts Second Term

OVER 10,000 PEOPLE took to the streets of Washington, DC on January 20, 2005, to protest the inauguration of George W. Bush.

Like in the 2000 election, the November 2004 election had many irregularities, especially in Ohio, an important state in the presidential race. In some places, voters had to stand in line for hours in order to vote because the local Board of Elections had reduced the number of voting machines in areas where people were likely to favor Bush's opponent, John Kerry.





# THE U.S. IN IRAQ

**T**HE U.S. war and occupation of Iraq is now nearly three years old. A majority of U.S. residents now see the war as a mistake. According to a Washington Post-ABC News poll, 60% feel the war was not worth fighting. The Iraq conflict has claimed the lives of more than 2,150 U.S. troops. Iraqis killed in the war number over 100,000 people.

Lively demonstrations and grassroots anti-war organizing in 2005 did a lot to educate the public. Now even some members of Congress have joined in calling for an immediate withdrawal of the 160,000 U.S. troops in Iraq. Bush says that the U.S. must stay in Iraq to “defeat the terrorists” and install democracy. But it appears that the U.S. presence in Iraq is fueling the resistance.

**What do you think? Should the U.S. withdraw its military from Iraq? Write to Indy Kids at [indykid-sletters@indymedia.org](mailto:indykid-sletters@indymedia.org)**

**TRUTHS UNCOVERED:** President Bush and other government officials said:

1) that Iraqi President Saddam Hussein had weapons of mass destruction that would be used against the U.S..

2) that Hussein was linked to the September 11 attacks.

These were the two main reasons given for the U.S. invasion of Iraq and ousting of Hussein. These two statements are known to be false. Here are some examples of news in 2005 that have led the public to question Bush’s statements and to wonder: how much does the U.S. government really care about democracy and human rights?

■ Human rights abuses in Iraq are as bad now as they were under Hussein, according to Ayad Allawi, Iraq’s former interim prime minister and U.S. ally.

■ Vice President Cheney wants to



A 12-year-old girl, Ban Abbas, was killed in Baghdad on March 23, 2005 when a shell or rocket hit her school. It was not known who fired it.

exempt the U.S. Central Intelligence Agency (CIA) from rules banning torture. That means he wants the U.S. government to be allowed to torture people.

■ The Washington Post revealed in November that the CIA operates secret prisons in Eastern Europe. Virtually nothing is known about who is kept in the prisons or how they are treated.

■ In September, soldiers with the 82nd Airborne gave detailed accounts of brutality by U.S. soldiers against Iraqi prisoners.

■ More interpreters and U.S. soldiers are now speaking about the practices they saw in U.S. prisons in Abu Ghraib, Iraq, and other prisons. U.S. military interrogator Tony Lagouranis said he saw interrogators use dogs to jump on prisoners, keep prisoners outside in freezing weather, kick, beat and kill prisoners.

—AV

**ANTI-WAR PROTESTS** grew and took on a new character in 2005. In August, Cindy Sheehan, the mother of Casey Sheehan, a soldier killed in Iraq, set up “Camp Casey” in Crawford, Texas, where Bush was vacationing. Hundreds of supporters visited the camp, and mini Camp Caseys were set up around the country to hold

vigils and to demand that U.S. troops withdraw from Iraq.

In September, ANSWER (Act Now to Stop War and End Racism), along with United for Peace and Justice, organized a massive march on Washington, D.C. with some nearly 300,000 participants. In

November, a group called The World Can’t Wait organized rallies in five major U.S. cities and protests took place in over sixty smaller cities calling for President Bush to step down. In New York City, many high school students staged school walk-outs and joined the protest in Union Square, Manhattan.

In order to bring U.S. troops home, there will need to be millions more people in the streets. Contact one of the major anti-war coalitions for more information on how to get involved:

[www.answercoalition.org](http://www.answercoalition.org); [www.troopsoutnow.org](http://www.troopsoutnow.org);  
[www.unitedforpeace.org](http://www.unitedforpeace.org); [www.worldcantwait.net](http://www.worldcantwait.net)



## France on Fire

**TWO TEENS** were electrocuted in a suburb of Paris, France on October 27 while hiding from police in an electricity station. The incident inflamed the anger of great numbers of poor French youth who have long been victims of police repression. Most of the youth are children of African and Arab immigrants. They started a rebellion that spread throughout the poor suburbs of France and lasted several weeks. In response, the French government installed a curfew, banned public gatherings and increased police presence in the poor communities. Several hundred people in different French cities demonstrated against the new security measures, saying they would not resolve the social and economic problems at the root of the unrest.

—AV

## Important People Who Died



**SHIRLEY CHISHOLM:**  
Politician

In 1969, Shirley Chisholm was the first black woman elected to Congress, and later the first black person to seek a major party’s nomination for the U.S. presidency. Chisholm was an outspoken champion of women and people of color during her seven terms in the U.S. House of Representatives.



**OSSIE DAVIS:** Actor, Film-director, Activist

Ossie Davis starred in many Broadway shows and also in several Spike Lee films, such as “Do the Right Thing.” Davis was a leading activist in the civil rights era of the 1960s.



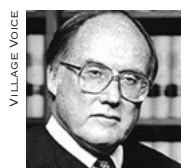
**FILIBERTO OJEDA RIOS:**  
Puerto Rican independence activist

Filiberto Ojeda Rios was a respected leader of the Puerto Rican liberation movement. He was wanted by the U.S. government for his part in a 1983 bank robbery, and on September 23 he was killed by the FBI. Many Puerto Ricans are outraged because the FBI killed Rios instead of arresting him.



**ROSA PARKS:** Freedom Fighter

In 1955, Rosa Parks was a seamstress and an activist with the National Association of the Advancement of Colored People (NAACP) in Montgomery, Alabama. On December 1, 1955, when Parks refused to give up her seat on a city bus to a white man, she was arrested. The event inspired a bus boycott and helped spark the civil rights movement of the 1960s.



**WILLIAM REHNQUIST:**  
U.S. Supreme Court Justice, 1972-2005

William Rehnquist opposed racial desegregation (the bringing together of people of different races), supported the death penalty, and argued for the rights of states against the Federal government. He also argued against the separation of church and state.



**POPE JOHN PAUL II:**  
Religious Leader

Pope John Paul II led the Roman Catholic Church for 26 years. He preached against consumerism (the culture of buying), and opposed allowing women to be priests. He spoke against “liberation theology” (the interpretation of religious faith from the perspective of the poor and oppressed).

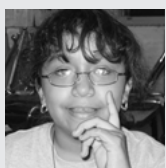
## VIOLENT TOYS

Violent video games and war toys are on many kids' wish lists this season. Are violent toys just play? What do you think? Kids from PS 29 in Brooklyn voice their opinions.



The game takes over. Kids think it's real life. I don't think it's a good idea.

—Toni, Age 10



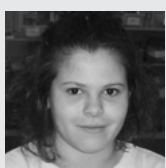
Violent video games are all around the world. Kids all over the world will do the actions in the video games.

—Yenesys, Age 10



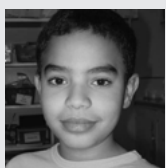
No matter how tough a person claims to be, when they see their victim on a

hospital bed, they'll feel guilty. If people could see that, they wouldn't want to play video games. —Ari, Age 11



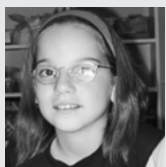
The game controls the person. It's like you're the video game.

—KC, Age 10



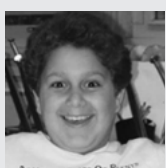
The parent plays a big role. The parent should know if the kid is mature enough.

—Ruben, Age 10



Kids learn violence from video games. They take it out on others. I know

not to take it out on anyone so I don't get in trouble. —Carolyne, Age 10



Kids aren't the only ones who get affected by violent games.

My dad got mad playing a video game. —John, Age 10

## Movie Review



## A Chicken Hero

CHICKEN LITTLE is a Walt Disney movie about a chicken who thinks the sky is falling. Chicken Little talks his dad into believing that the sky is falling. When Chicken Little teaches his father to trust him, together they are able to do great things.

Our favorite characters are Chicken Little's friends, Runt of the Litter, Ugly Duckling, and Fish Out of Water who are silly and funny looking. Chicken Little also befriends a three-eyed alien child. In the end Chicken Little, with some help, is able to figure out why the sky is falling and save the world from disaster.

—KELLIE GASINK & ROSA PLEASANT

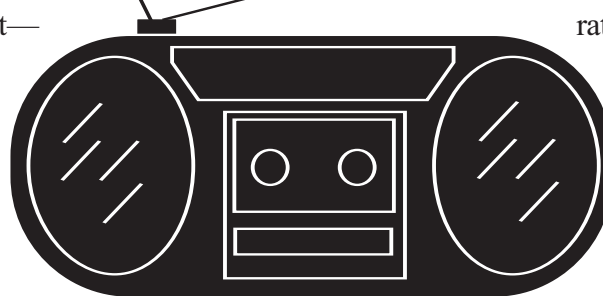
# How do radios work?

By XAVIER TAYO

**R**ADIOS are the world's most common form of communication. Invented over 100 years ago, their technology is the basis for all wireless devices that now exist—such as cell phones and laptop computers.

To make a radio, there must be both a transmitter and a receiver. The transmitter turns music or news into

radio waves that are sent through the air. The receiver picks up that signal and decodes it back into the radio station you like. Radio signals are actually just electromagnetic waves that travel through the air,



and at certain frequencies they are radio waves.

The boombox you use in your home has an antenna that takes the signal out of the air and helps make it stronger and clearer. A tuner separates the radio station signal from all the other signals flying through space. Finally, an amplifier sends power to the speakers, so we can hear music and news, without having to think how this is possible.

## Book Review

# REPLAY

by Sharon Creech  
Leo's Family Secret

Reviewed By ABBY GROSS

"Fog boy," Leo's family calls him, because he is always daydreaming. Head in the clouds, he imagines that he is a famous actor, a Nobel prize-winning scientist, and most of

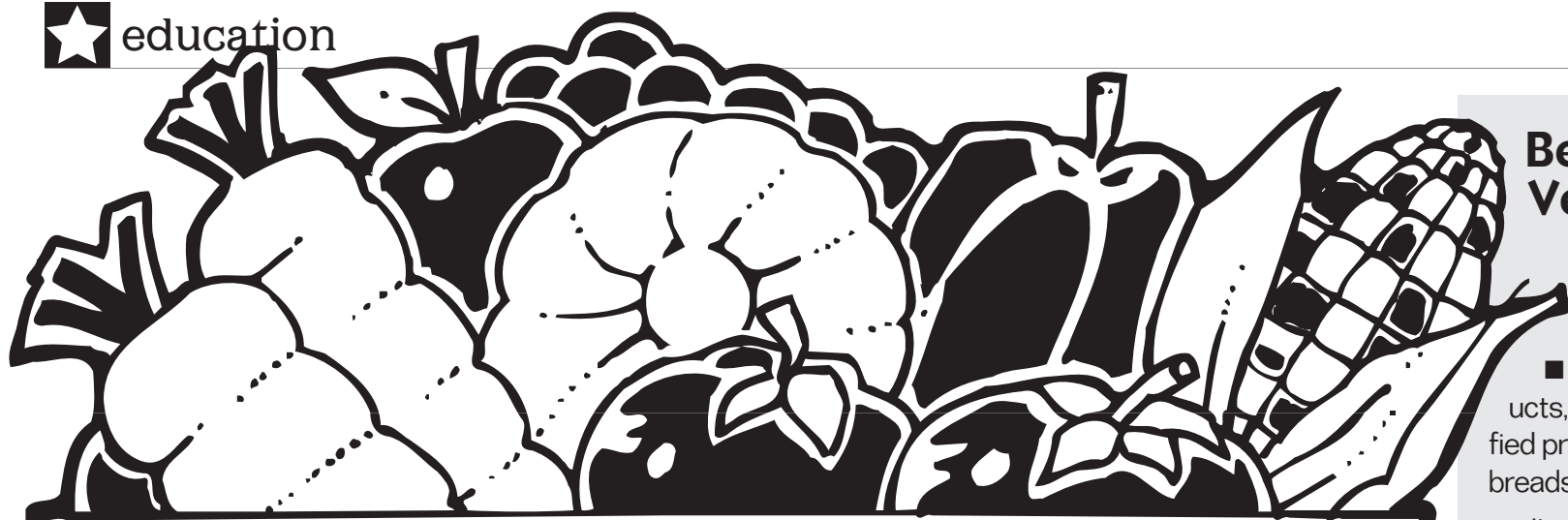
all, that he is respected by his noisy, chaotic family. Leo feels lost among his siblings, cousins, aunts and uncles and grandparents. For a while, Leo prefers to live in a fantasy world instead of reality. He avoids his own reality where his



mother complains, his father is sad, and all of his relatives have a secret they refuse to tell him.

When Leo gets a part in his school play, he learns how to bring a fictional character to life—and what makes a real live person who he is. Leo discovers that people, his father in particular, may be deeper and more interesting than they seem. Finally, Leo helps his family with their secret, and at the end of the story, it is no longer a secret. ★





## Be a Healthy Vegetarian

Nutrients that vegetarian kids need & where to find them:

- vitamin B12: dairy products, eggs and vitamin-fortified products, such as cereals, breads, and soy and rice drinks
- vitamin D: dairy products, calcium-fortified orange juice and vitamin-fortified products
- calcium: dairy products, dark green leafy vegetables, broccoli and chickpeas
- protein: dairy products, eggs, tofu, dried beans and nuts
- iron: eggs, dried beans, dried fruits, whole grains and leafy green vegetables
- zinc: wheat germ, nuts, beans and peas

## Types of Vegetarians

- lacto-ovo vegetarian**— eats dairy and egg products; no meat
- ovo-vegetarian**— eats eggs; no meat
- lacto-vegetarian**— eats dairy products; no eggs or meat
- vegan**— eats only food from plant sources

# Veggie Kids

By C. H. PLANK

"I BECAME A VEGETARIAN because I was eating sausage for breakfast, and I realized that it was once a living, breathing creature, and I vowed never to eat [meat] again," said Montrose, Pennsylvania ninth grader Nikki Printz. She has been a vegetarian since the age of nine, and a vegan since February 2005.

People become vegetarians for a number of reasons. They may have concerns about cruelty to animals. Others have concern for the environment. It takes a lot more land to raise animals than it does to grow vegetables. And animal waste ends up polluting our water, destroying our topsoil and contaminating our air.

Personal health is another reason to be a vegetarian. Eating lots of whole grains, leafy greens, nuts, fruits and vegetables may help protect us against diseases such as heart disease and diabetes.

Some people worry that a vegetarian diet might be tasteless, but Nikki disagrees. "Anyone who tells you that vegetarian food [is bland] is lying to you," said Nikki, "because vegetarian food is tastier, more flavorful, and healthier than meat."

For more information on vegetarianism, visit [www.goveg.com](http://www.goveg.com).

## Kid Voice

### Voice Your Views

I'M 11 YEARS OLD and I'm interested in politics. Most adults don't want their children to worry about politics.

In fact, most adults think that politics won't interest kids or that they're just too young. Personally I think that most adults don't want to educate their child on politics because they think

their child might not be able to handle the truth of what is really going on in this world and all the injustice that is taking place.



My view of George Bush is that he is one big liar. But of course that doesn't mean that other people don't

have different views. I have a friend who is completely fine with George Bush. She is entitled to her opinion and I have nothing against her. But I think you need to speak up and gather all sorts of information so that you

can prove your points. Don't be afraid to discuss your views with people - whether with your family, friends or the public. —AYA ABDELAZIZ

## Letters

In "Profile of an Iraqi Girl" I learned a girl named Sima Razak wants to come to the U.S. because she's upset at the war. If I was her, I'd be scared a bomb might hit me. She's going through a lot.

IESHA THOMAS, AGE 11

I like your articles, but the best was "Learn a Little Arabic." I mean, how'd you get all those Arabic words? Please tell me!

RICKY SCROGGINS, AGE 13

I read "Recess Out." I didn't know British schools have 15 minutes morning and afternoon recess and 80-90 minutes at lunch. Some kids have more recess than others.

DESTINY GONZALEZ, AGE 12

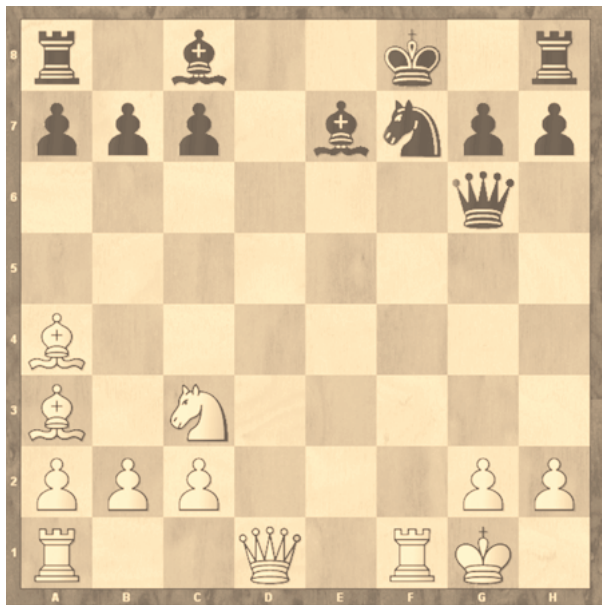


The article "Recess Out" was interesting because everyone loves recess, but not everyone gets the same everywhere.

Everyone needs a break.

ALEXUS BARRIERA, AGE 11

Send your letter to:  
Indykidsletters@indymedia.org,  
or to Indykids, P.O. Box 1417, NY, NY 10276



# PLAY CHESS!

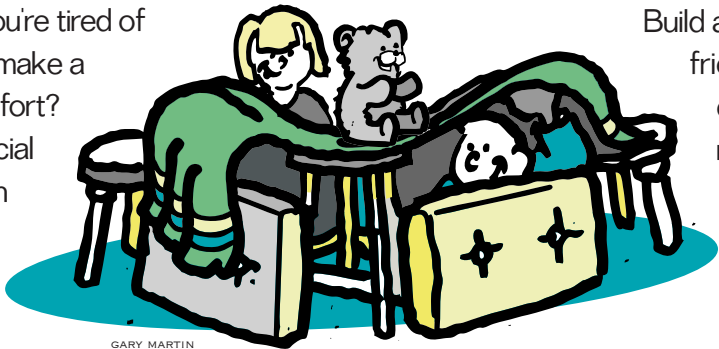
**CHESS** is an ancient game dating back to the 7th century. Besides being exciting, chess helps develop intellectual and emotional skills. Grandmaster Yury Shulman provided Indy Kids with this puzzle. Grandmaster Shulman was born in Minsk, Belarus. He became a grandmaster at the age of 20. He is a chess teacher. Try to solve this puzzle. White is trying to checkmate black in one move. —**KIRAN FREY**

If you don't know how to play chess, visit this website that helps kids learn to play: <http://library.thinkquest.org/6290/>

# A Rainy or Snowy Day Activity:

## FUN WITH FORTS

**WHEN IT'S TOO COLD** or rainy outside, and you're tired of board games, make a fort! What is a fort? A fort is a special retreat you can make with the help of some common household items.



GARY MARTIN

First, ask a parent for some old sheets or blankets. Spread them over chairs, tables, or other furniture to create a top-

secret hideout. You might need to put heavy things like books on top of the blankets to keep them from falling down.

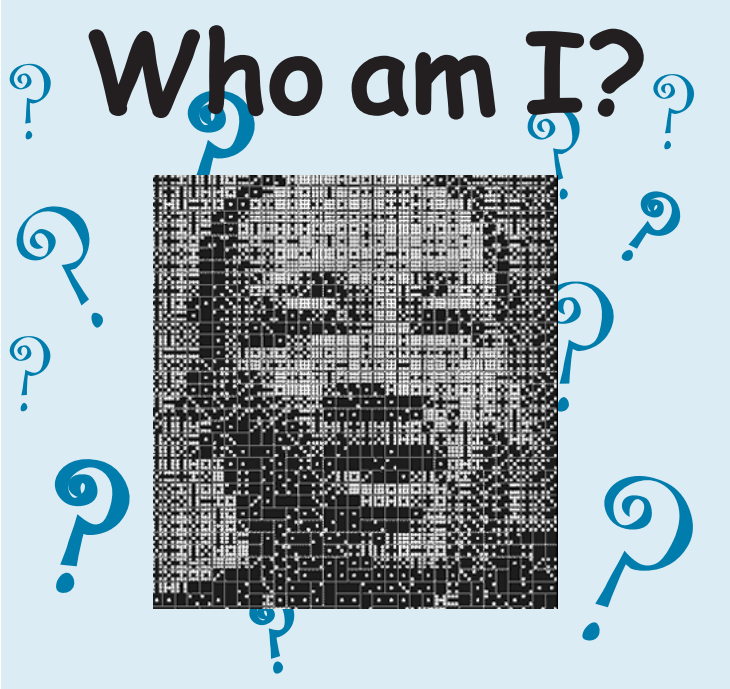
Build a few forts with a friend stationed at each one. Write notes to each other and take turns delivering the mail between forts. If you're by yourself, bring a flashlight to your fort, a book to read, and maybe a snack. And don't forget to think of a secret password!



# Chestnuts Roasted

Chestnuts are a good snack to make in the winter. They smell and taste great! You will need an adult to help you make these.

- 1. Wash the chestnuts well.**
- 2. Have an adult make a deep "X" on each one with a knife. The X's will make the chestnuts easier to peel.**
- 3. Put chestnuts in a pot and cover them with water. Boil for 10 minutes**
- 4. Drain the water.**
- 5. Bake for 10 minutes in the oven at 375 degrees.**
- 6. Remove chestnuts from oven, let cool for a few minutes, and peel.**
- 7. Serve hot with salt.**



- Clue #1:** At 35 years old, I was the youngest person to ever receive the Nobel Peace Prize.
- Clue #2:** Seven days after my assassination, Congress passed the Federal Fair Housing Act, which was something I petitioned for in my lifetime.
- Clue #3:** I spoke out strongly against the United States' role in the Vietnam war and called the U.S. government "the greatest purveyor of violence in the world today."
- Clue #4:** The Federal Bureau of Investigation (FBI) began tracking me in 1961. The FBI placed wiretaps on my home and office phones, and bugged rooms in hotels as I traveled across the country.
- Answer:** on the bottom of page 2

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Indy Kids is a regular publication reaching kids in grades 4 to 6 in New York City. Indy Kids is distributed through networks of teachers, librarians and parents. Starting in 2006, Indy Kids will be produced in February, April, June, September, and November. Please support Indy Kids and help form the next generation of critical thinkers, progressive journalists and activists!

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